

LAURA ZANDER



# Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH



FOREWORDS BY  
DEBORAH NORVILLE  
AND  
VANNA WHITE





# Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH

LAURA ZANDER

FOREWORDS BY  
DEBORAH NORVILLE AND  
VANNA WHITE





## DEDICATION

This book is dedicated to the hundreds of women who shared their stories of heart disease over the past two years. Thank you for being so honest and open. Keep it up—you are making a difference!



161 Avenue of the Americas, New York, NY 10013  
sixthandspringbooks.com

Editorial Director  
JOY AQUILINO

Fashion Stylist  
KHALIAH JONES

Developmental Editor  
LISA SILVERMAN

Model Photography  
ROSE CALLAHAN

Art Director  
DIANE LAMPHRON

Still Photography  
MARCUS TULLIS

Yarn Editor  
JOANNA RADOW

Vice President  
TRISHA MALCOLM

Editorial/Art Assistant  
JOHANNA LEVY

Publisher  
CARRIE KILMER

Page Designer  
ARETA BUK

Production Manager  
DAVID JOINNIDES

Instructions Editors  
ROBYN CHACHULA  
K. J. HAY  
KIM KOTARY  
SHIRI MOR  
STEPHANIE MRSE  
AMY POLCYN  
LORI STEINBERG  
MARY BETH TEMPLE  
BARBARA VAN ELSEN

President  
ART JOINNIDES

Chairman  
JAY STEIN

Technical Illustrations  
LORETTA DACHMAN  
ANDREA GRACIARENA  
ULI MUNCH



Copyright © 2013 by Laura Zander

All rights reserved. No part of this publication may be reproduced or used in any form or by any means—graphic, electronic, or mechanical, including photocopying, recording, or information storage-and-retrieval systems—without written permission of the publisher.

The written instructions, photographs, designs, projects, and patterns are intended for the personal, noncommercial use of the retail purchaser and are under federal copyright laws; they are not to be reproduced in any form for commercial use. Permission is granted to photocopy patterns for the personal use of the retail purchaser.

Library of Congress Cataloging-in-Publication Data

Zander, Laura.

Crochet red : crocheting for women's heart health /  
Laura Zander.  
pages cm

ISBN 978-1-936096-61-9 (paperback)

1. Crocheting—Patterns. 2. Heart diseases in  
women—Prevention. I. Title.

TT825.Z35 2014

746.43'4—dc23

2013027656

Manufactured in China

1 3 5 7 9 10 8 6 4 2

First Edition



The Heart Truth®, its logo and The Red Dress are registered trademarks of HHS.

Participation by Jimmy Beans Wool  
does not imply endorsement by  
HHA/NIH/NHLBI.







# Contents

A MESSAGE FROM THE HEART TRUTH	9
FOREWORD BY DEBORAH NORVILLE	10
FOREWORD BY VANNA WHITE	11
PREFACE	13
<b>PROJECTS AND PROFILES</b>	<b>16–121</b>
<b>HEART-HEALTHY LIVING</b>	<b>122–131</b>
Get the Facts!	124
Exercise Your Heart	126
Cook Red	130
<b>CROCHET KNOW-HOW</b>	<b>134–139</b>
Abbreviations and Helpful Information	136
Basic Stitches	138
BONUS PATTERN: HEART SACHET	140
YARN RESOURCES	141
INDEX	142
CREDITS	143
ACKNOWLEDGMENTS	144



PEPLUM JACKET  
page 16  
♥ Kathy Merrick



BOBBLE & CHECK COWL  
page 22  
♥ Norah Gaughan



TILTING BLOCKS SHRUG  
page 36  
♥ Deborah Norville/  
Rae Blackledge



SLOUCHY COWL  
page 39  
♥ Edie Eckman



ASYMMETRICAL SWEATER  
page 57  
♥ Jenny King



TEXTURED JACKET  
page 60  
♥ Melissa Leapman





WOVEN CARDIGAN  
page 24  
♥ Cornelia Tuttle Hamilton



TUNISIAN CHEVRON  
SCARF  
page 28  
♥ Sharon H. Silverman



PETAL CABLED HAT  
page 31  
♥ Linda Permann



GINGHAM AFGHAN  
page 34  
♥ Tanis Galik



VINTAGE TUNISIAN SHELL  
page 42  
♥ Rohn Strong



HOODED SCARF  
page 45  
♥ Drew Emborsky



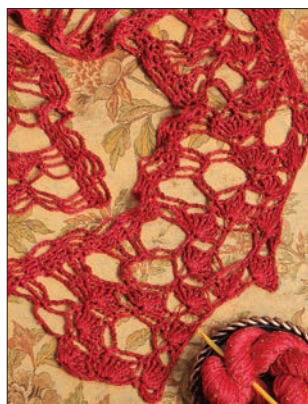
MIXED MOTIF TOTE  
page 48  
♥ Erika Knight



LACE SWING COAT  
page 51  
♥ Charles Voth



SCOTTIE PILLOW  
page 64  
♥ Debbie Bliss/Kathy Merrick



FLOWER LACE SCARF  
page 66  
♥ Iris Schreier



EYELET-STRIPE TUNIC  
page 69  
♥ Marie Wallin



BEADED FELTED BAG  
page 73  
♥ Nora Bellows





HEART-SHAPED COAT  
page 76  
♥ Nicky Epstein



FLORAL MOTIF WRAP  
page 81  
♥ Dora Ohrenstein



OVERSIZED LACY  
PULLOVER  
page 85  
♥ Deborah Newton



FLOWER GARLAND  
COWL  
page 89  
♥ Robyn Chachula



THREE-BUTTON MITTS  
page 92  
♥ Kit Hutchin



REVERSIBLE WRAP  
page 94  
♥ Mary Beth Temple



TUNISIAN SHRUG  
page 97  
♥ Kristin Omdahl



MITERED BRICK THROW  
page 102  
♥ Vanna White



VORTEX SLOUCHY HAT  
page 106  
♥ Jill Wright



YOGA BAG  
page 109  
♥ Vickie Howell



MOCK NECK VEST  
page 112  
♥ The Double Stitch Twins



SWEATER WITH COWL  
page 116  
♥ Marly Bird





## A MESSAGE FROM THE HEART TRUTH

For instructions to make this heart-shaped sachet, see page 140.



The National Heart, Lung, and Blood Institute's *The Heart Truth*® campaign is proud to have Jimmy Beans Wool and its inspiring campaign Stitch Red, which raises awareness of women's heart disease, as a partner. Our programs share a common goal: to educate women about the risk factors for heart disease and encourage them to take action to protect their heart health.

Stitch Red's mission parallels that of *The Heart Truth*: to give women a personal and urgent wake-up call about their number-one killer—heart disease. *The Heart Truth*, along with its partners, empowers women to make a commitment to managing their potential risk for heart disease. Although a woman's risk increases between the ages of forty and sixty, heart disease can affect women of any age—so it's never too soon or too late to take action for a healthy heart.

Our hope is that you'll be inspired to share the *Heart Truth*® message with friends, family, and fellow crafters, so they become motivated to start making healthy changes in their daily lives. Help each other take the first steps toward a healthy diet: not smoking, getting regular physical activity, and maintaining a healthy weight. Reaching your goal of a healthy lifestyle will help protect your heart for a lifetime.

We thank you for your continued support and dedication to women's heart health!

Ann M. Taubenheim, Ph.D., M.S.N.  
Project Director, *The Heart Truth*  
National Institutes of Health, National Heart, Lung, and Blood Institute











*projects and profiles*

# Peplum Jacket

A button-down jacket with a flattering peplum shape features a pretty border pattern repeated at the collar, waist, sleeves, buttonband, and bottom.



## SIZES

Instructions are written for size X-Small. Changes for Small, Medium, Large, and X-Large are in parentheses.  
(Shown in size Small.)

## MEASUREMENTS

**BUST (BUTTONED)**  
28½ (33, 36½, 40¾, 44½)"/72.5 (84, 93.5, 103.5, 113)cm  
**LENGTH**  
23 (24, 25, 26, 27)"/58.5 (61, 63.5, 66, 68.5)cm

## MATERIALS

- 4 (5, 6, 7, 8) 3½oz/100g hanks (each approx 525yd/480m) of Swans Island Company *Natural Colors Collection Fingering* (organic merino) in garnet
- Size D/3 (3.25mm) crochet hook or size to obtain gauge
- 6 (6, 7, 7, 8) buttons, ¾"/2cm diameter

## GAUGE

28 sts and 14 rows = 4"/10cm over body pat using size D/3 (3.25mm) crochet hook.  
▶ Take time to check gauge.

## STITCH GLOSSARY

**Cl (cluster)** [Yo, pull up an extended lp in indicated st or sp] 4 times; yo and draw through all 9 lps on hook, ch 1.

## BORDER PATTERN

(multiple of 12 sts plus 3, ch 1 extra for foundation)

**Set-up row 1** Sc in 2nd ch from hook; \*ch 1, sk next ch, sc in next ch; rep from \* to end.

**Set-up row 2** Sc in first sc, \*ch 1, sk next ch-l sp, sc in next sc; rep from \* to end.

**Row 1** Ch 1, sc in first sc, ch 1, sk next ch-l sp, sc in next sc; \*ch 5, sk next 2 ch-l sps,

sl st in next ch-l sp 2 rows below, ch 5, sk 2 ch-l sps, sc in next sc, ch 1, sc in next sc; rep from \* to end.

**Row 2** Ch 1, sc in first sc, ch 1, sk ch-l sp, sc in next sc; \*[ch 1, sk ch-l sp, dc in next skipped sc of prev row] 4 times, ch 1, sc in next sc, ch 1, sk next ch-l sp, sc in next sc; rep from \* to end.

Rep rows 1 and 2 for border pat.

## BODY PATTERN

(multiple of 4 sts plus 1, beg set-up with 2 extra sts)

**Set-up row 1** Sc in 1st sc, (ch 3, cl) in same st, sk 4 sts, (sc, ch 3, cl) in next st, \*sk 3 sts, (sc, ch 3, cl) in next st, rep from \* to last 5 sts, sk 4 sts, sc in last st.

**Set-up row 2** Ch 3, cl in first sc, (sc, ch 3, cl) in each ch-3 sp to last sp, sc in last sp.

**Row 1** Ch 3, cl in first sc, (sc, ch 3, cl) in each sp to end.

**Row 2** Ch 3, cl in first ch-3 sp, (sc, ch 3, cl) in each sp to last sp, sc in last sp.  
Rep rows 1 and 2 for body pat.

## NOTE

Jacket is worked in one piece back and forth to underarm, then divided for fronts and back.

## BODY

**HIP**

Ch 220 (244, 268, 292, 316), and work set-up rows 1 and 2 of border pat.

Work rows 1 and 2 of border pat 4 (4, 5, 6, 6) times, then work row 1 once more.

**Next row (WS)** Ch 1, sc in each sc and ch-l sp across—219 (243, 267, 291, 315) sts.

Work set-up rows 1 and 2 of body pat, then work rows 1 and 2 of body pat until piece measures 6½ (7, 7½, 8, 8½)"/16.5 (18, 19, 20.5, 21.5)cm, ending after a pat row 1.

**Next row (WS)** Ch 1, work 171 (195, 219, 243, 267) evenly across row.

## WAIST

Work set-up row 2 of border pat twice.

Work rows 1 and 2 of border pat 5 (5, 6, 6, 7) times, then work row 1 once more.

**Next row (WS)** Ch 1, work 189 (221, 245, 273, 297) evenly across row.



## KATHY'S STORY

Kathy Merrick wanted to be an artist when she grew up, a childhood aspiration that turned out quite accurate. With a great eye for color, Kathy creates stunning works of art using yarn as her canvas. Because of the way she collects different yarns and weaves them together in striking and often daring color combinations, Kathy jokingly calls herself a magpie—she's not afraid to play with seemingly mismatched shades and is attracted to bright colors that others might shy away from. Her adventurous style and deftness with color inspired a spectacular book, *Crochet in Color: Techniques and Designs for Playing with Color*. That's exactly what Kathy encourages crocheters to do: play! She loves to teach others to find inspiration and experiment with color in their crafting. Kathy's father suffered from rheumatic fever as a child, which later led to heart disease; his struggle inspired her to get on board with the Stitch Red campaign.



## KATHY'S TIP

**TAKE ADVANTAGE OF YOUR SURROUNDINGS!** Kathy takes long walks in the beautiful Morris Arboretum and Fairmount Park in nearby Philadelphia.





# Heart-Shaped Coat

This showstopping sweater is all drama and all heart, with deep textures, asymmetrical fronts and back, and a velvet ribbon woven through the collar.



## SIZES

Instructions are written for size Small. Changes for Medium, Large, and X-Large are in parentheses. (Shown in size Small.)


## MEASUREMENTS

BUST 34 (38½, 42¾, 47⅝)/86.5 (97.5, 108.5, 119.5)cm

BOTTOM EDGE 61¼ (65¾, 70, 74½)"/155.5 (167, 177.5, 189)cm

BACK LENGTH (NOT INCLUDING COLLAR)  
15 (15, 17, 17)"/38 (38, 43, 43)cm

## MATERIALS

- 10 (11, 12, 13) 3½oz/100g hanks (each approx 220yd/201m) of Cascade Yarns 220 Superwash (superwash wool) in #893 ruby 
- One each sizes H/8 and I/9 (5 and 5.5mm) crochet hook or size to obtain gauge
- Stitch marker
- Tapestry needle
- 2 yards of ¾" velvet ribbon
- 3 buttons, 1½" diameter (shown: JHB Buttons by Nicky Epstein, #93366 Lancelot)

## GAUGES

2 scales and 8 rows = 4"/10cm by 3¾"/9.5cm over crocodile st using size I/9 (5.5mm) crochet hook.

16 sts and 10 rows = 4"/10cm in FPdc using size H/8 (5mm) crochet hook.

➤ Take time to check gauges.

## STITCH GLOSSARY

### FPdc (front post double crochet)

Yo, insert hook from front to back to front around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] twice.

### BPdc (back post double crochet)

Yo, insert hook from back to front to back around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] twice.

### FPtr (front post treble crochet)

Yo twice, insert hook from front to back to front around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] 3 times.

### BPtr (back post treble crochet)

Yo twice, insert hook from back to front to back around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] 3 times.

## CROCODILE STITCH

Ch a multiple of 6 plus 4.

**Row 1 (RS)** 2 tr in 4th ch from hook, \*ch 2, sk 2 ch, 2 tr in next ch; rep from \* to end.

**Row 2** Ch 3, turn (turn work 90 degrees to crochet around prev tr on row below), \*5 tr around post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top (scale made), sk next 2-tr group; rep from \* to last 2-tr group, 5 tr around

post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top.

**Row 3** Ch 3, turn, \*2 tr bet next 2-tr group (in center of scale), ch 2, 2 tr bet next 2-tr group (crochet between tr of unworked 2-tr group below and ALSO catch the ch-2 between scales), ch 2; rep from \* to last 2-tr group, 2 tr bet next 2-tr group.

**Row 4** Ch 3, turn (turn work 90 degrees to crochet around prev tr on row below), \*sk next 2-tr group, 5 tr around post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top; rep from \* to last 2-tr group, sk last 2-tr group.

**Row 5** Ch 3, turn, 2 tr bet first skipped 2-tr group below and ALSO crochet around last tr of prev scale, \*ch 2, 2 tr bet next 2-tr group (in center of scale), ch 2, 2 tr bet next 2-tr group (crochet between last tr of next scale and first tr of prev scale, catching ch-2 bet scales); rep from \* to end. Rep rows 2–5 for crocodile st, ending with 2 tr bet next (skipped) 2-tr group.

## NOTES

1) Cardigan is worked from bottom edge to yoke in one piece. Sleeves are worked directly onto the armhole down to the cuff.



## NICKY'S STORY

Nicky Epstein's unique, well-thought-out, and often quirky designs are instantly recognizable and have given life to over twenty books, including *Crocheting on the Edge* and *Crochet for Dolls*. After her gorgeous design for *Knit Red*, we couldn't wait to have her back for *Crochet Red!* It is important to Nicky to use her work to promote worthy causes. She has lost family and friends to heart disease and hopes to raise awareness of how serious a danger it is to women. It's hard to fit exercise and a healthy diet into Nicky's busy lifestyle—after all, she'd rather be sitting down to design or crochet! Living in New York, she gets in plenty of walking, especially when she knows she'll be sitting later. She also substitutes vegetable oils for animal fats, limits red meat and salt, and enjoys treats in moderation: stick to one piece of that antioxidant-rich dark chocolate!







# **VICKIE HOWELL** Yoga Bag

A simple, open mesh pattern and a fabric-lined handle make a caddy for your yoga mat that will get you to the gym in style.



## MEASUREMENTS

### LENGTH

26"/66cm

### CIRCUMFERENCE

16"/40.5cm

## MATERIALS

- 1 2.4oz/70g skein (each approx 282yd/258m) of Bernat *Cotton-ish* by Vickie Howell (cotton/acrylic) in #85434 crimson twine 
- Size G/6 (4mm) crochet hook or size to obtain gauge
- Tapestry needle
- 28½"/72.5cm x 1½"/4cm piece of cotton fabric
- Coordinating thread and sewing needle

## GAUGE

14 sts/2 pat reps and 4 rows = 3½"/9cm over shell pat using size G/6 (4mm) crochet hook.

► Take time to check gauge.



## STITCH GLOSSARY

**Hdc2tog** Yo, insert hook in indicated st and draw up a lp, yo, insert hook in next st and draw up a lp, yo, draw through all 5 lps on hook.

**FPhdc** Yo, insert hook around post of next st at front of work, inserting hook from right to left, yo, pull through post, yo, draw through all lps on hook.

**BPhdc** Yo, insert hook around post of next st at front of work, inserting hook from left to right, yo, pull through post, yo, draw through all lps on hook.

## NOTES

1) Bag is worked from the top down in the round. Do not turn work at the end of each rnd.



## VICKIE'S STORY

Vickie Howell does it all: she designs, writes, hosts, and consults for HGTV's *Knitty Gritty*, is a spokeswoman for Craft Corps, which encourages crafters to share their stories, and is also a busy mom! So we're overjoyed that she contributed a design to *Crochet Red*. Vickie supports other great causes: she founded the Purple Stitch Project to help children with seizure disorders, and is active in the Epilepsy Foundation. Vickie lives in trendy, artistic Austin, where she finds inspiration in the people and sights, including vintage shops—anything bright is liable to catch her eye! Vickie's family is fortunate enough to have avoided heart disease, but she's still aware of the risk: Texas was named in a study of areas prone to obesity, a huge indicator for heart problems. Luckily, she's a fantastic and healthy cook: her vegetarian chili could win a chili cook-off, even in Texas!







# Sweater with Cowl

A perfect layering piece for any season is crocheted in two luxuriously soft yarns, with three-quarter sleeves and an attached cowl.



## SIZES

Instructions are written for size X-Small. Changes for Small, Medium, Large, and X-Large are in parentheses. (Shown in size Small.)

## MEASUREMENTS



### BUST

35 (39½, 42, 46½,  
51½)"/89 (100, 106.5, 118,  
130.5)cm

### LENGTH

26 (26, 27, 28, 29½)"/66  
(66, 68.5, 71, 75)cm

## MATERIALS

- 3 (4, 4, 5, 6) 3½oz/100g hanks (each approx 328yd/300m) of Bijou Spun *Sport Weight* (yak) in deep red (A) 
- 3 (3, 4, 4, 4) 1¼oz/50g balls (each approx 435yd/398m) of Bijou Spun *Seraphim* (angora/viscose) in pomegranate (B) 
- Size F/5 (3.75mm) crochet hook or size to obtain gauge
- Tapestry needle

## GAUGE

6 reps and 14 rows = 7"/18cm over asymmetrical pat using size F/5 (3.75 mm) crochet hook.  
▶ Take time to check gauge.

## STITCH GLOSSARY

**Dc2tog (double crochet 2 together)** Yo and pull up a loop in next dc, yo and draw through 2 loops, sk next dc, yo and pull up a loop in next dc, yo and draw through 2 loops, yo and draw through all 3 loops on hook—2 sts decreased.

## ASYMMETRICAL PATTERN

(multiple of 7 sts plus 4)

**Row 1 (RS)** (4 dc, ch 2, dc) in 7th ch from hook, [sk 6 ch, (4 dc, ch 2, dc) in next ch] to last 4 ch, sk 3 ch, dc in last ch.

**Row 2** Ch 2, [(4 dc, ch 2, dc) in next ch-2 sp] across, dc in t-ch. Rep row 2 for asymmetrical pat.

## ASYMMETRICAL PATTERN DECREASES

**Dec row 1** Ch 4, (dc, ch 2, dc) in 1st ch-2 sp, [(4 dc, ch 2, dc) in next ch-2 sp] to last ch-2 sp, 4 dc in last ch-2 sp, tr in t-ch.

**Dec row 2** Ch 3, (dc, ch 1, dc) in 1st dc, [(4 dc, ch 2, dc) in next ch-2 sp] to last ch-2 sp, 3 dc in last ch-2 sp, dc in t-ch.

**Dec row 3** Ch 4, [(4 dc, ch 2, dc) in next ch-2 sp] across, sk last ch-1 sp, tr in t-ch.

## PINEAPPLE PATTERN

(multiple of 21 sts plus 3)

**Row 1 (RS)** (Dc, ch 1, dc) in 7th ch from hook, ch 2, sk 4 ch, \*(dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch,

ch 2, sk 2 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) ch 2; rep from \* to last 13 ch, (dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) in next ch, ch 1, sk 2 ch, dc in last ch.

**Row 2** Ch 4 (counts as 1 dc and 1 ch here and throughout), [dc in next dc, dc in next ch-1 sp, dc in next dc, ch 2] across to last 2 dc, dc in next dc, dc in next ch-1 sp, dc in next dc, ch 1, sk 1 ch, dc in next ch.

**Row 3** Ch 4, sk next dc, [(dc, ch 1, dc) in next dc, sk next 2 dc and ch-sp, ch 2] across to last 3 dc, (dc, ch 1, dc) in next dc, ch 1, dc in 3rd st of t-ch.

**Row 4** Rep row 2.

**Row 5** Ch 4, dc2tog, [ch 3, dc2tog] across, ch 1, dc in 3rd st of t-ch.

**Row 6** Ch 3 (counts as dc here and throughout), (2 dc, ch 2, 2 dc) in dc2tog, ch 4, sc in next dc2tog, ch 6, sc in next dc2tog, ch 4, \*(2 dc, ch 2, 2 dc) in next dc2tog, ch 3, sk next dc2tog, (2 dc, ch 2, 2 dc) in next dc2tog, ch 4, sc in next dc2tog, ch 6, sc in next dc2tog, ch 4; rep from \* to last dc2tog, (2 dc, ch 2, 2 dc) in last dc2tog, dc in top st of t-ch.

**Row 7** Ch 3, (2 dc, ch 2, 2 dc) in ch-2 sp, ch 1, 9 tr in next ch-6 sp, ch 1, \*(2 dc, ch 2, 2 dc) in next ch-2 sp, ch 3, (2 dc, ch 2, 2 dc) in next ch-2 sp, ch 1, 9 tr in next ch-6 sp, ch 1; rep from \* to last ch-2 sp, (2 dc, ch 2, 2 dc) in last ch-2 sp, dc in top st of t-ch.



## MARLY'S STORY

Marly Bird learned to crochet from her grandmother while at the University of Colorado and was soon stitching during lectures and on track-and-field trips. After college, she went into finance but couldn't ignore the world of crafts: fiber arts, not finance, was for her. She quit her job and started a podcast, *The Yarn Thing*. Marly's designs have appeared in magazines such as *Knit Simple* and *Interweave Crochet*, along with several books, including three especially for plus-size women. Designing for curvy women is near and dear to Marly's heart; she teaches a Craftsyt class called *Curvy Knits*, focusing on fitting techniques. She's lost family members to heart disease, and as a former athlete, she knows the importance of a healthy lifestyle and taking care of her heart. Her design is inspired by Rosemary Chapman, a dear friend who lost her son to heart disease.



## MARLY'S TIP

**WITH THREE KIDS AND THREE DOGS**, Marly has no trouble getting exercise! Having active pets is a great way for you to stay active.





## A

abbreviations 136  
accessories  
  Beaded Felted Bag 73–75  
  Bobble & Check Cowl 22–23  
  Mixed Motif Tote 48–50  
  Floral Motif Wrap 81–84  
  Flower Garland Cowl 89–91  
  Flower Lace Scarf 66–68  
  Hooded Scarf 45–47  
  Petal Cabled Hat 31–33  
  Reversible Wrap 94–96  
  Slouchy Cowl 39–41  
  Three-Button Mitts 92–93  
  Tunisian Chevron Scarf 28–30  
  Vortex Slouchy Hat 106–108  
adjustable ring 139  
Asymmetrical Sweater 57–59

## B

bags  
  Beaded Felted Bag 73–75  
  Mixed Motif Tote 48–50  
  Yoga Bag 109–111  
  Beaded Felted Bag 73–75  
Bellows, Nora 73  
Bird, Marly 116  
Blackledge, Rae 36  
blankets  
  Gingham Afghan 34–35  
  Mitered Brick Throw 102–105  
Bliss, Debbie 64  
Bobble & Check Cowl 22–23

## C

cardigans  
  Sweater with Cowl 116–121  
  Woven Cardigan 24–27  
Chachula, Robyn 89  
coats  
  Heart-Shaped Coat 76–80  
  Lace Swing Coat 51–56  
cowls  
  Bobble & Check Cowl 22–23  
  Flower Garland Cowl 89  
  Slouchy Cowl 39–41  
crochet know-how 134–139

## D

double crochet 139

## E

easy-level projects  
  Bobble & Check Cowl 22–23  
  Flower Garland Cowl 89–91  
  Gingham Afghan 34–35  
  Hooded Scarf 45–47  
  Mock Neck Vest 112–115  
  Reversible Wrap 94–96  
  Scottie Pillow 64–65  
  Slouchy Cowl 39–41  
  Three-Button Mitts 92–93  
  Tunisian Chevron Scarf 28–30  
  Woven Cardigan 24–27  
  Yoga Bag 109–111  
Eckman, Edie 39  
Emborsky, Drew 45  
Epstein, Nicky 76  
exercise 126–129  
experienced-level projects  
  Asymmetrical Sweater 57–59  
  Heart-Shaped Coat 76–80  
  Mixed Motif Tote 48–50  
  Peplum Jacket 16–21  
  Tunisian Shrug 97–101  
  Eyelet-Stripe Tunic 69–72

## F

Floral Motif Wrap 81–84  
Flower Garland Cowl 89–91  
Flower Lace Scarf 66–68  
foundation chain 138

## G

Galik, Tanis 34  
Gaughan, Norah 22  
Gingham Afghan 34–35

## H

half double crochet 139  
Hamilton, Cornelia Tuttle 24  
hats  
  Petal Cabled Hat 31–33  
  Vortex Slouchy Hat 106–108  
heart-attack signs 125  
heart disease resources 129  
heart-healthy living 122–133  
Heart Sachet 140  
Heart-Shaped Coat 76–80  
home décor  
  Gingham Afghan 34–35  
  Heart Sachet 140  
  Mitered Brick Throw 102–105  
  Scottie Pillow 64–65  
Hooded Scarf 45–47  
hooks, crochet 136  
Howell, Vickie 109  
Hutchin, Kit 92

## I

intermediate-level projects  
  Beaded Felted Bag 73–75  
  Eyelet-Stripe Tunic 69–72  
  Floral Motif Wrap 81–84  
  Flower Lace Scarf 66–68  
  Lace Swing Coat 51–56  
  Mitered Brick Throw 102–105  
  Oversized Lacy Pullover 85–88  
  Petal Cabled Hat 31–33  
  Sweater with Cowl 116–121  
  Textured Jacket 60–63  
  Tilting Blocks Shrug 36–38  
  Vintage Tunisian Shell 42–44  
  Vortex Slouchy Hat 106–108

## J

jackets  
  Peplum Jacket 16–21  
  Textured Jacket 60–63

## K

King, Jenny 57  
Knight, Erika 48

## L

Lace Swing Coat 51–56  
Leapman, Melissa 60

## M

Merrick, Kathy 16, 64  
metric conversion 136  
Mitered Brick Throw 102–105  
Mitts, Three-Button 92–93  
Mixed Motif Tote 48–50  
Mock Neck Vest 112–115

## N

Newton, Deborah 85  
Nicholas, Kristin 140  
Norville, Deborah 10, 36



## O

Ohrenstein, Dora 81  
Omdahl, Kristin 97  
Oversized Lacy Pullover 85–88

## P

Peplum Jacket 16–21  
Permann, Linda 31  
Petal Cabled Hat 31–33  
Pillow, Scottie 64–65

## R

recipes 130–133  
Reversible Wrap 94–96

## S

scarves  
    Flower Lace Scarf 66–68  
    Hooded Scarf 45–47  
    Tunisian Chevron Scarf 28–30  
Schreier, Iris 66  
Scottie Pillow 64–65  
shawls see wraps  
shrugs  
    Tilting Blocks Shrug 36–38  
    Tunisian Shrug 97–101  
Silverman, Sharon H. 28  
Simmons, Erika & Monika 112  
single crochet 138  
skill level key 136  
    (see also easy-level projects;  
    intermediate-level projects;  
    experienced-level projects)  
slipknot 138  
slip stitch 138  
Slouchy Cowl 39–41  
Strong, Rohn 42

sweaters (see also cardigans,  
coats, jackets, shrugs)  
Asymmetrical Sweater 57–59  
Eyelet-Stripe Tunic 69–72  
Heart-Shaped Coat 76–80  
Lace Swing Coat 51–56  
Mock Neck Vest 112–115  
Oversized Lacy Pullover 85–88  
Peplum Jacket 16–21  
Sweater with Cowl 116–121  
Textured Jacket 60–63  
Tilting Blocks Shrug 36–38  
Tunisian Shrug 97–101  
Vintage Tunisian Shell 42–44  
Woven Cardigan 24–27  
Sweater with Cowl 116–121

## T

Temple, Mary Beth 94  
Textured Jacket 60–63  
Three-Button Mitts 92–93  
Tilting Blocks Shrug 36–38  
Tote, Mixed Motif 48–50  
Tunisian Chevron Scarf 28–30  
Tunisian crochet projects  
    Tunisian Chevron Scarf 28–30  
    Tunisian Shrug 97–101  
    Vintage Tunisian Shell 42–44  
Tunisian Shrug 97–101

## V

Vest, Mock Neck 112–115  
Vintage Tunisian Shell 42–44  
Vortex Slouchy Hat 106–108  
Voth, Charles 51

## W

Wallin, Marie 69  
White, Vanna 11, 102  
Woven Cardigan 24–27  
wraps  
    Floral Motif Wrap 81–84  
    Reversible Wrap 94–96  
Wright, Jill 106

## Y

yarn resources 141  
yarn weight system, standard 137  
Yoga Bag 109–111



## CREDITS

### PORTRAITS OF DESIGNERS

p. 16: Patrick Moos  
p. 22: Chris Vaccaro  
p. 24: Michael Luppino  
p. 28: Alan B. Silverman  
p. 31: Jarrod Sumpter  
p. 34: Mel White  
p. 36: Timothy Sanders White  
p. 39: Mark Miller  
p. 42: Harrison Stone  
p. 45: Gary Hickman  
p. 48: Alastair Muir  
p. 51: Sebastian Voth  
p. 57: Barry Alsop  
p. 60: Heather Weston  
p. 64: Richard Burns  
p. 66: Elliot Schreier  
p. 69: Sheila Rock  
p. 73: R. A. Sullivan  
p. 76: Rose Callahan  
p. 81: Dora Ohrenstein  
p. 85: Selma Moss-Ward  
p. 89: Mark Chachula  
p. 92: Keith Brofsky  
p. 94: Alex Kaplan  
p. 97: Aaron Miller  
p. 102: Grant Delin  
p. 106: Richard Hanley  
p. 109: Jack Deutsch  
p. 112: Jim Forni  
p. 116: Karen Julliano  
p. 140: Jack Deutsch



## ♥ ACKNOWLEDGMENTS



*Crochet Red* is my third book to be published, and if I have learned anything, it would be that authoring books does not get easier the more you publish. Each volume is a unique journey with its own challenges and rewards, and I am extremely grateful to have had the support of so many incredible individuals throughout the course of creating the Stitch Red books. *Knit Red*, *Sew Red*, and now *Crochet Red* have all given me the opportunity to collaborate with talented designers, exceptional yarn companies, and the wonderful staff at Sixth&Spring Books; I am honored to have had the pleasure of working with all of you to create something so meaningful and close to my heart.

I offer an extra-special thank you to the following individuals who went above and beyond and were integral in making *Crochet Red* the book you are holding in your hands, a book we are all so proud of.

Leanne Spinazola, for jumping in at the last minute without hesitation. Thank you for keeping so many details organized, for researching, writing, and editing (Heather Boyd, too!), for turning my random thoughts into intelligible sentences ... and for simply being LeAwesome.

Rose Callahan, for being the best photographer in the world. Your pictures bring the Stitch Red books to life, and it is because of you and super-talented stylist Khaliah Jones that they are so successful.

Kaity Ocean, for working tirelessly to make this Stitch Red campaign everything it is today. You have poured your heart and soul (and a few glasses of red wine!) into this project ... and it shows!

I would like to reiterate a most sincere thank you to all the designers and yarn companies who so selflessly dedicated their time and energy to this project. Without your enthusiasm, creativity, and passion, *Crochet Red* would not have become an exceptional resource, and I am truly grateful to have you as part of this book. If we can get just one person to pay better attention to heart health as a result of our efforts, we have succeeded. Together.

Last but certainly not least, I want to give a heartfelt thanks to the people in my day-to-day life who cheered me on through this endeavor: my family and friends at Jimmy Beans Wool. Both the staff members and the customers of the Biggest Little Yarn Shop in Reno are a constant source of inspiration, technical expertise, moral support, and just plain fun. Thank you all for being the bedrock underneath this mountain we're building together. ♥





## CRAFTS • CROCHET

### STICK IT TO HEART DISEASE!

More than thirty crochet celebrities have come together in *Crochet Red* to help raise awareness of heart disease, the number-one killer of women in the United States. The fiber arts community has a history of generosity in support of worthy causes, and in this book some of the foremost figures in that community provide not only dozens of gorgeous projects, but a wealth of information, tips, and personal stories about the importance of staying heart healthy. Pick up your hook and start crocheting for a great cause!



#### DESIGNERS

Erika Knight  
Melissa Leapman  
Dora Ohrenstein  
Edie Eckman  
Sharon Silverman  
Vickie Howell  
Kristin Omdahl  
Vanna White  
Robyn Chachula  
Drew Emborsky

The Double Stitch Twins  
Deborah Norville  
Debbie Bliss  
Norah Gaughan  
Kristin Nicholas  
Nicky Epstein  
Marly Bird  
Jenny King  
Cornelia Tuttle Hamilton  
Marie Wallin  
Linda Permann

Kathy Merrick  
Deborah Newton  
Tanis Galik  
Iris Schreier  
Charles Voth  
Kit Hutchin  
Mary Beth Temple  
Rohn Strong  
Jill Wright  
Nora Bellows



**THE**  
**heart**  
**TRUTH®**

A portion of the proceeds from *Crochet Red* will be donated to the Foundation for the National Institutes of Health (FNIH) in support of *The Heart Truth®*.

\$17.95 US • \$19.95 Canada

ISBN: 978-1-936096-61-9

